

EFFECT OF BREAST SELF EXAMINATION TRAINING PROGRAM ON KNOWLEDGE AND PRACTICE OF ADOLESCENT GIRLS

AMANY MOSAD AHMED¹, AZZA ALI ABD EL HAMED²,
HANAN FAHMY AZZAM³ & MOHGA ABD ELAZIZ⁴

¹Assistant lecturer, Department of Maternal & Woman's Health Nursing,
Faculty of Nursing, Kafr Elsheikh University, Egypt

^{2,3}Assistant Professor, Department of Maternal & Newborn Health Nursing,
Faculty of Nursing, Cairo University, Egypt

⁴Professor, Department of Medical Surgical Nursing, Faculty of Nursing, Kafr Elsheikh University, Egypt

ABSTRACT

Breast cancer is the most prevalent cancer among females all over the world. Breast self examination (BSE), mammography, and clinical breast examination are screening methods used to detect breast cancer early. The current research was carried out to assess the effect of breast self examination training program on knowledge and practice of adolescent girls. A quasi-experimental one group time series design was adopted in this research to achieve the stated aim. A Simple random sample of 135 adolescent girls was recruited. The research was conducted at the university student's hostel of Kafr elsheikh University. Two tools were constructed and filled in by the researchers: Structured interviewing tool; and Breast self examination checklist. Regarding total knowledge, pre-program 71.90% of adolescent girls have poor level of knowledge as compared to 97%, 100 % and 97.8% of them have high level of knowledge one month, three months and five months post program respectively. Concerning level of total practice, 100 % of adolescent girls showed unsatisfactory level of practice pre-program compared to 41.50%, 43.70%, and 54.10% of them have satisfactory level of practice one month, three months, and five months post program respectively. Moreover, after receiving the program 68.90% of adolescent girls practice BSE and 31.20% of them practice BSE regularly. In conclusion, knowledge and practice of adolescent girls were improved after receiving the training program suggesting its effectiveness. The study recommended that, adolescent girls should be equipped with health information related to BSE. As well, an emphasis should be done regarding to adolescent girls' healthy behavior pattern concerning BSE.

KEYWORDS: Breast Self Examination, Training Program, Adolescent Girls